

Alcohol, Tobacco, and Other Drugs

This concept area focuses on essential content students need to know about alcohol, caffeine, inhalants, nicotine, over-the-counter and prescription medicines, and illegal drugs.

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Demonstrating strategies to stay safe around medicines, drugs, and unknown substances, including how to avoid exposure to second-hand smoke.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by...

- a. Identifying healthy behaviors and choices, (e.g., rules for safe use of medicines at home and school).
- b. Explaining that tobacco comes in a variety of forms and contains harmful chemicals including nicotine that is harmful to health and addictive.
- c. Identifying habits that affect health, (e.g., impact of tobacco on their health, both using tobacco and being exposed to second-hand smoke).
- d. Identifying household products that are harmful if touched, ingested or inhaled.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying trusted individuals in the home, school, and community who can provide help and/or accurate information about medicines, tobacco, alcohol or other unknown substances.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Using effective verbal and nonverbal communication skills to express needs, wants, and feelings (e.g., asking for help, saying no).
- b. Expressing information and opinions to encourage others to make positive health choices to be alcohol and tobacco free.

Family, Social and Sexual Health

This concept area focuses on essential content students need to know about personal and family relationships, growth and development, sexuality education, including abstinence, and sexually transmitted infection, including HIV/AIDS.

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Describing ways to be responsible in school and at home, as a family member, classmate or friend.
- b. Demonstrating healthy ways to cope with change that may occur in families, (e.g., pregnancy, birth, marriage, divorce, relocation, death).

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Identifying the roles and responsibilities of family members.
- b. Identifying the stages of the life cycle from infancy to old age.
- c. Identifying ways to show respect for diversity, (e.g., individual differences, diverse family structures).

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying trusted individuals in the home, school, and community, who can provide help with health issues.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Using effective verbal and nonverbal communication skills to express ideas, needs, wants, and feelings, (e.g., making friends; giving and accepting compliments or statements of appreciation.
- b. Demonstrating ways to communicate care, consideration, and respect of self and others).

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Explaining when assistance is needed in making health-related decisions, (e.g., tattling vs getting help).
- b. Identifying people who can help make decisions and solve problems.

Mental and Emotional Health

This concept area focuses on essential content students need to know to handle emotions in positive ways, anger and conflict management, stress management, respect, and mental health issues, including depression and suicide.

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Applying effective ways to handle emotions, (e.g., fear, anger, happiness, sadness, frustration).
- b. Demonstrating ways to show respect for feelings, rights, and property of others.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Describing what respect is and why it is important.
- b. Describing a variety of feelings and the importance of expressing them in appropriate ways.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying trusted individuals in the home, school, and community who can provide help with troublesome feelings and solving problems.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Using effective verbal and nonverbal communication skills to express ideas, needs, wants, and feelings.
- b. Demonstrating ways to communicate care, consideration, and respect for self and others, (e.g., making friends, giving and receiving compliments).

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Explaining when assistance is needed in making health-related decisions.
- b. Predicting outcomes of positive health decisions.

Nutrition and Physical Activity

This concept area focuses on essential content students need to know about nutrition and physical activity.

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Selecting a variety of foods that can be eaten for healthy snacks.
- b. Creating a list of foods that should be limited.
- c. Identifying a variety of physical activities that are personally enjoyable.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Identifying habits that are healthy and reduce the risk of disease (e.g., healthy food choices, regular physical activity, drinking water, adequate sleep and rest).
- b. Explaining the importance of eating a variety of nutrient-rich foods.
- c. Identifying a variety of nutritious food choices.
- d. Identifying a variety of ways to be physically active and raising heart rate.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Explaining how culture, media, peers, family and other factors influence eating behaviors and physical activity.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating appropriate communication skills when asking adults/caretakers to offer healthy foods and time for physical activity.

HE6: Goal Setting

Students will demonstrate the ability to set personal goals to enhance health by....

- a. Setting a short-term personal health goal for healthy eating and physical activity.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Explaining when assistance is needed in making health-related decisions, (e.g., family members and other adults help students make healthy food choices).

Personal Health and Wellness

This concept area focuses on essential content students need to know about personal hygiene, including dental care, and disease prevention

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Demonstrating the skills to promote health and reduce the spread of germs, (e.g., proper hand washing, proper tooth brushing techniques).

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Identifying basic personal hygiene habits required to maintain health, (e.g., caring for teeth, gums, eyes, ears, nails).
- b. Recognizing the signs and symptoms of common illnesses, (e.g., fever, rashes, coughs, congestion, wheezing).

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying community health service providers, (e.g., dentists, nurses, physicians, paramedics, who can provide help with personal health issues).

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Using effective communication skills to encourage others to make positive choices for personal health and wellness.

Violence and Injury Prevention

This concept area focuses on essential content students need to know about fire and water safety; first aid prevention and care for injuries; pedestrian, bicycle, and vehicle safety; use of protective equipment, including seatbelts; personal safety; and violence prevention, including bullying, hazing, and harassment.

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Demonstrating safety skills for a variety of situations, including safe pedestrian behaviors, fire or other emergency, use of safety/protective gear in recreation, precautions around water and dangerous objects/weapons.
- b. Demonstrating the ability to apply rules and actions to use in a situation when weapons or dangerous objects may be present.
- c. Describing dangerous and risky situations that need to be reported to an adult.
- d. Applying strategies to avoid or get away from situations that threaten personal safety.
- e. Demonstrating basic first aid and how to call 911 to get help in emergencies.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Differentiating between safe and risky behaviors.
- b. Identifying safety practices for home and school, (e.g., rules for pedestrian and traffic safety, fire, weather, water, recreation safety).
- c. Identifying safety hazards that may exist in home/school (e.g., medicines, household products, unknown substances) and potentially dangerous objects/weapons (e.g., matches, broken glass, knives, guns).
- d. Identifying safe behaviors around strangers, (e.g., not getting in cars or taking treats from strangers).
- e. Distinguishing between appropriate and inappropriate touch.
- f. Describing routines to follow in emergency situations, (e.g., fire, lockdown drills, calling 911).
- g. Explaining the difference between tattling and reporting bullying or aggression.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying trusted individuals in the home, school, and community who can provide help with safety issues.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating verbal and nonverbal ways to ask trusted adults for help, including how to report unsafe, scary, or hurtful situations in the home, school or community.
- b. Demonstrating ways to refuse or report inappropriate touch.
- c. Demonstrating what to say and do when witnessing bullying or other potentially violent situations.